

“Dissemination of Education through Knowledge, Science and Culture”.

--Shikshanmaharshi Dr. Bapuji Salunkhe

Shri. Swami Vivekananda Shikshan Sanstha's
Padmabhushan Dr. Vasantodada Patil Mahavidyalaya,
Tasgaon

WOMEN EMPOWERMENT CELL

REPORT ON

Training Course in Self Defense

Event	Training Course in Self Defense
Date	15th January to 24th January 2020
Duration	10 Days
Time	08.00 to 10.30 am
Venue	Room No 43
Total Participants	Female: 71

Walking home alone and feeling uneasy? Getting a weird vibe from a stranger on the bus? Many of us have been there.

Girl students of the college reported experiencing some form of sexual harassment, verbal harassment was the most common form, but some women said they were touched or groped in an unwelcome way, while some of women survived sexual assault in the society now a days.

Even if you've personally never felt yourself in a situation that made you feel physically unsafe, having reassurance about your next steps (and what you can do to help yourself should the unfortunate circumstance ever happen) can make all the difference.

Self-defense helps women protect themselves and their family. In my opinion, this is the most important reason for women to learn self-defense, because it is the difference between life and death. ...

In a self-defense situation, this is pivotal. The majority of attackers are not going to be proficient in martial arts.

The Women empowerment Cell of the College organized a programme of Training Course in Self Defense 15th January to 24th January 2020 at 08.00 to 10.30 am. Everyday.

Trainers	Shri. Udaykumar Patil
	Manoj Kandkar
	Ashwini Koli
	Tejaswi Patil
Organizer	Women Empowerment Cell

In collaboration with Women Warrior Thang- Ta Club, Sangli, their team members Shri. Udaykumar Patil, Manoj Kandkar, Ashwini Koli and Tejaswi Patil have given a training of karate, punches as well as basic techniques required for self defense. Girls warm up the body in the beginning and then practice each puch and trick which they learnt yesterday.

1. Focus on your attacker's vulnerable places: eyes, nose, throat, and groin. Aim all of the moves below at one or several of these areas to have maximum impact.
2. Don't aim for the chest, as that tends to be ineffective. Aiming for the knees requires a specific kick that can be too risky for the average person.
3. Use all of your force and aggression during execution. Make it known that you're a powerful lady. Use your voice, too. Be loud to intimidate the attacker and create attention in case somebody is nearby.

1. Hammer strike:

Using your car keys is one of the easiest ways to defend yourself. Don't use your fingernails, because you're more at risk to injure your hands.

Instead, if you feel unsafe while walking at night, have your keys stick out from one side of your fist for hammer strikes.

Alternative: If your attacker is too close, thrust your knee toward the groin. Make sure you're stabilized and not at risk of falling over.

2. Heel palm strike:

This move can cause damage to the nose or throat. To execute, get in front of your attacker as much as is possible.

Alternative: An open palm to the ears can be very disorienting.

3. Elbow strike:

If your attacker is in close range and you're unable to get enough momentum to throw a strong punch or kick, use your elbows.

4. Alternative elbow strikes:

Depending on how you're standing when you're initially attacked, you may be in a better position for variations on the elbow strike.

5. Escape from a 'bear hug attack':

For cases where the attacker is coming from behind, you'll want to use this move. Focus on getting low and creating space to free yourself.

6. Escape with hands trapped:

If your attacker comes from behind and traps your arms (this is similar to a bear hug, but you won't be able to move as freely), here's what to do:

7. Escape from side headlock:

When the attacker locks their arm around your head from the side, your first instinct should be to avoid getting choked.

However, if you don't feel confident you're able to physically handle an attacker, take these precautions.

8. Meditation:

Meditation is relaxation. It is not about concentration, it's actually about de-concentration. It's not about focussing one's thoughts on something specific, but instead of entering a state of mind that has no thoughts. The overall benefits of meditations include a calm mind, improved clarity and communication, and relaxation of the mind and body. Regular practice of meditation has a profound impact on the core three areas of our existence - physical, mental, and spiritual.

Benefits of meditation....

- Reduces Stress. Stress reduction is one of the most common reasons people try meditation. ...
- Controls Anxiety. ...
- Promotes Emotional Health. ...
- Enhances Self-Awareness. ...
- Lengthens Attention Span. ...

- May Reduce Age-Related Memory Loss. ...
- Can Generate Kindness. ...
- May Help Fight Addictions.

Principal Dr. Milind Hujare and Prof. Dr. Suresh Patil Visited the course, while students are engaged in meditation.



Safety tips.....

1. **Stay in a well-lit public area.** Don't go home or turn away from crowds. Walk into a store or a coffee shop and ask for help.
2. **Call the police.** Find a well-lit public area and dial 911 or your local emergency services if you feel you're in danger.
3. **Carry protection.** Whether pepper spray, a personal safety alarm, or a lipstick taser, self-defense tools can help you feel more at ease.

If you're carrying self-defense tools, make sure to get training on how to use them.

You can also use more common objects as weapons, including a purse, briefcase, umbrella, phone, pencil, book, or rock.

Anything blunt that can be used to hit, throw, stab, or swing can be very effective.





← Meditation

Principal's
opinion



Student's
feedback

The students appreciated the course too much.....

The girl students found that, who participated in a self-defense class they felt:

- had better safety strategies in place
- were more equipped to deal with strangers, and people they know, in the context of potential assault or abuse
- had more positive feelings about their bodies , had increased self-confidence

Dr. Alka Inamdr
Convener
Women Empowerment Cell

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Shri Swami VivekanandShikshanSanstha Kolhapur

Padmabhushan Dr. Vasantrodada Patil Mahavidyalaya,
Tasgaon

Women Empowerment Cell

in Collaboration with

Women Warrior Thang-Ta Club Sangli

**Value Added Course in SELF DEFENSE
NOTICE**

23/12/2019

All the girl students of the Senior College have noticed that, **Value Added Course in SELF DEFENCE** will be organized on 15th January 2020 to 24th January 2020 at 8.00 am to 10.00 am. Admission will be on first come first basis. Enroll your name on College Website.

Alka Inamdr

Dr. Alka Inamdr
Chairperson
Women Empowerment Cell

Milind Hujare

Dr. Milind Hujare
Principal
Padmabhushan Dr. Vasantrodada Patil
Mahavidyalaya, Tasgaon (Sangli).

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 Padmabhushan Dr. Vasantaodada Patil Mahavidyalaya, Tasgaon Dist- Sangli
 Women Impoverment Cell
 Training Programme on Self Defence for Women

Training course in self defence
 15/01/2020 to
 24/01/2020

Sr. No.	First Name	Last Name	Mobile	Class	Sign 15.01.2020	Sign 16.01.2020	Sign 17.01.2020	Sign 18.01.2020	Sign 19.01.2020	Sign 20.01.2020	Sign 21.01.2020	Sign 22.01.2020	Sign 23.01.2020	Sign 24.01.2020
1	Dr. Alka	Inamdr	9420679006	Ass. Prof.	Alka	Alka	Alka	Alka	Alka	Alka	Alka	Alka	Alka	Alka
2	Shilpa	Khandagale	7263969449	Bsc 3	ISKRANGALE	ISKRANGALE	ISKRANGALE	ISKRANGALE	ISKRANGALE	ISKRANGALE	ISKRANGALE	ISKRANGALE	ISKRANGALE	ISKRANGALE
3	Snehal	Salunkhe	9146621464	Bsc 3	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal
4	Sharda	Patil	8766835610	Bsc III	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
5	Rohini	Patil	9373287642	Bsc 3	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
6	Smita	Shinde	9657059562	B.sc 3	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde
7	Savitri	Karade	9307818315	Bsc 3	Karade	Karade	Karade	Karade	Karade	Karade	Karade	Karade	Karade	Karade
8	Neha	Jadhav	9370765706	Bsc-3	Jadhav	Jadhav	Jadhav	Jadhav	Jadhav	Jadhav	Jadhav	Jadhav	Jadhav	Jadhav
9	Poonam	Patil	7414961304	Bsc-3	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
10	Kornal	Ghotkar	9834485737	Bsc.3	Ghotkar	Ghotkar	Ghotkar	Ghotkar	Ghotkar	Ghotkar	Ghotkar	Ghotkar	Ghotkar	Ghotkar
11	Chaitali	Gavali	7030370550		Gavali	Gavali	Gavali	Gavali	Gavali	Gavali	Gavali	Gavali	Gavali	Gavali
12	Sujata	Mali	8806069770		Mali	Mali	Mali	Mali	Mali	Mali	Mali	Mali	Mali	Mali
13	Vaishali	Patil	9518974724		Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
14	Swati	Gharage	9503695021		Gharage	Gharage	Gharage	Gharage	Gharage	Gharage	Gharage	Gharage	Gharage	Gharage
15	Geeta	Patil	8390717974	B.A.S.Y	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
16	Manasi	Patil	9652759955	B.A.S.Y	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
17	Manasi	Patil	9637259955	B.A.S.Y	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
18	Rupali	Hivare	8329639490	B. SC. 2	Hivare	Hivare	Hivare	Hivare	Hivare	Hivare	Hivare	Hivare	Hivare	Hivare
19	Pooja	Suryavanshi	9637747711	B. SC. 2	Suryavanshi	Suryavanshi	Suryavanshi	Suryavanshi	Suryavanshi	Suryavanshi	Suryavanshi	Suryavanshi	Suryavanshi	Suryavanshi
20	Shilpa	Pawar	9049516552	Bsc 3	Pawar	Pawar	Pawar	Pawar	Pawar	Pawar	Pawar	Pawar	Pawar	Pawar
21	Amruta	Deshmukh	9511794992	Bsc 3	Deshmukh	Deshmukh	Deshmukh	Deshmukh	Deshmukh	Deshmukh	Deshmukh	Deshmukh	Deshmukh	Deshmukh
22	Ashwini	Mali	9766942262	Bsc-2	Mali	Mali	Mali	Mali	Mali	Mali	Mali	Mali	Mali	Mali
23	Mayuri	Chavan	9764371574	Bsc second	Chavan	Chavan	Chavan	Chavan	Chavan	Chavan	Chavan	Chavan	Chavan	Chavan

Training Programme on Self Defence for Women

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24	Lilwala	Patil	8262806241	BSc-second										
25	Snehali	Dhanawade	7499997395	Bsc-2										
26	Anuradha	Patil	8308683202	Bsc2	AREPDI	AREPDI	AREPDI	AREPDI	AREPDI	AREPDI	AREPDI	AREPDI	AREPDI	AREPDI
27	Sana	Mujawar	7719848362	BSc-second	Sana	Sana	Sana	Sana	Sana	Sana	Sana	Sana	Sana	Sana
28	Shivani	Kamble	8856918648	Bsc2	Kamble	Kamble	Kamble	Kamble	Kamble	Kamble	Kamble	Kamble	Kamble	Kamble
29	Alisha	Sayad	7798117149	Bsc2	Alisha	Alisha	Alisha	Alisha	Alisha	Alisha	Alisha	Alisha	Alisha	Alisha
30	Dipali	Yahar	8806493640	B. SC. 2	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali	Deepali
31	Pooja	Chougule	8625959981	Msc1	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja
32	Dipali	Patil	8080374252	B. SC. 2	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
33	Sonali	Jadhav	9325992883	Bsc3	Sonali	Sonali	Sonali	Sonali	Sonali	Sonali	Sonali	Sonali	Sonali	Sonali
34	Parnali	Karande	9607768939	Msc1	Parnali	Parnali	Parnali	Parnali	Parnali	Parnali	Parnali	Parnali	Parnali	Parnali
35	Snehal	Patil	7558395930	Msc-1	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal
36	Samrudhi	Patil	9307752177	B.sc:3rd	Samrudhi	Samrudhi	Samrudhi	Samrudhi	Samrudhi	Samrudhi	Samrudhi	Samrudhi	Samrudhi	Samrudhi
37	Parvati	Mali	7066972943	M.Sc.1st	Parvati	Parvati	Parvati	Parvati	Parvati	Parvati	Parvati	Parvati	Parvati	Parvati
38	Komal	Kirtakar	8180961827	B.A.S.Y	Komal	Komal	Komal	Komal	Komal	Komal	Komal	Komal	Komal	Komal
39	Samrudhi	Mane	8669860288	Msc-1										
40	Poonam	Dubal	7709181172	Msc-1	Poonam	Poonam	Poonam	Poonam	Poonam	Poonam	Poonam	Poonam	Poonam	Poonam
41	Sneha	Patil	7776085606	M.sc 1	Sneha	Sneha	Sneha	Sneha	Sneha	Sneha	Sneha	Sneha	Sneha	Sneha
42	Snehal	Patil	7387927671	M.sc 1	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal
43	Manvuri	Vasudev	7447553059	M.sc1	Manvuri	Manvuri	Manvuri	Manvuri	Manvuri	Manvuri	Manvuri	Manvuri	Manvuri	Manvuri
44	Priti	Shingate	8080641230	Msc 1	Shingate	Shingate	Shingate	Shingate	Shingate	Shingate	Shingate	Shingate	Shingate	Shingate
45	AREPDI	Shingate	8080641230	Msc-1										
46	Rohini	Patil	7498774416	M.sc 1	Rohini	Rohini	Rohini	Rohini	Rohini	Rohini	Rohini	Rohini	Rohini	Rohini

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47	Rameshwari	Thorat	8600857617	M.sc.1	Pandurang	Pandurang	Pandurang	Pandurang	Pandurang	Pandurang	Pandurang	Pandurang	Pandurang	Pandurang
48	Poonam	Patil	9834239750	M.sc.1	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
49	Ukharsha	Patil	7028549741	M.sc.1	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
50	Samyogeeeta	Desai	7620608879	M.sc.1	Desai	Desai	Desai	Desai	Desai	Desai	Desai	Desai	Desai	Desai
51	Sujata	Patil	8600526593	M.sc.1	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
52	Priyanka	Mali	8483987620	M.sc.1	Mali	Mali	Mali	Mali	Mali	Mali	Mali	Mali	Mali	Mali
53	Rutuja	Jadhav	8956608414	M.sc.1	Jadhav	Jadhav	Jadhav	Jadhav	Jadhav	Jadhav	Jadhav	Jadhav	Jadhav	Jadhav
54	Mazreen	Mushrif	9970307405	M.sc.1	Mushrif	Mushrif	Mushrif	Mushrif	Mushrif	Mushrif	Mushrif	Mushrif	Mushrif	Mushrif
55	Mazreen	Mushrif	9970307405	M.sc.1	Mushrif	Mushrif	Mushrif	Mushrif	Mushrif	Mushrif	Mushrif	Mushrif	Mushrif	Mushrif
56	mayuri	Vasudev	7447553059	M.sc.1	Vasudev	Vasudev	Vasudev	Vasudev	Vasudev	Vasudev	Vasudev	Vasudev	Vasudev	Vasudev
57	mayuri	Vasudev	7447553059	M.sc.1	Vasudev	Vasudev	Vasudev	Vasudev	Vasudev	Vasudev	Vasudev	Vasudev	Vasudev	Vasudev
58	Komal	Mali	7843074935	M.sc.1	Mali	Mali	Mali	Mali	Mali	Mali	Mali	Mali	Mali	Mali
59	Ashwini	Khasnis	86571869	B.Sc.III	Khasnis	Khasnis	Khasnis	Khasnis	Khasnis	Khasnis	Khasnis	Khasnis	Khasnis	Khasnis
60	Priyanka	Nimbalkar	9960296967	B.Sc.I	Nimbalkar	Nimbalkar	Nimbalkar	Nimbalkar	Nimbalkar	Nimbalkar	Nimbalkar	Nimbalkar	Nimbalkar	Nimbalkar
61	Shrutha	Kogude	772587	B.Sc.I	Kogude	Kogude	Kogude	Kogude	Kogude	Kogude	Kogude	Kogude	Kogude	Kogude
62	Shradha	Taur	8484971588	B.Sc.II	Taur	Taur	Taur	Taur	Taur	Taur	Taur	Taur	Taur	Taur
63	Suapnali	Sapkal	8080247451	B.Com.I	Sapkal	Sapkal	Sapkal	Sapkal	Sapkal	Sapkal	Sapkal	Sapkal	Sapkal	Sapkal
64	Poonam	Patdar	840808936	B.A.I	Patdar	Patdar	Patdar	Patdar	Patdar	Patdar	Patdar	Patdar	Patdar	Patdar
65	Vanshali	Damte	8156316746	B.A.I	Damte	Damte	Damte	Damte	Damte	Damte	Damte	Damte	Damte	Damte
66	Prakha	Sutar	8600526593	B.Sc.III	Sutar	Sutar	Sutar	Sutar	Sutar	Sutar	Sutar	Sutar	Sutar	Sutar
67	Ashwini	Khedkar	7881820827	B.Sc.III	Khedkar	Khedkar	Khedkar	Khedkar	Khedkar	Khedkar	Khedkar	Khedkar	Khedkar	Khedkar
68	Snehal	Mudholkar	7170493004	B.Sc.II	Mudholkar	Mudholkar	Mudholkar	Mudholkar	Mudholkar	Mudholkar	Mudholkar	Mudholkar	Mudholkar	Mudholkar
69	Rutuja	Patil	9549614588	B.Sc.III	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil

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70	Savika	Imambhai	77 099 36372	B.A.III	Signature	Signature	Signature	Signature	Signature	Signature	Signature	Signature	Signature	Signature
71	Rachsi	Shenaye	725766 0488	B.Sc-II	Signature	Signature	Signature	Signature	Signature	Signature	Signature	Signature	Signature	Signature
72	Abijali	Sapkaj	808062 5653	B.Sc.II	Signature	Signature	Signature	Signature	Signature	Signature	Signature	Signature	Signature	Signature
73	Arshi	Karsa e	788694 5987	B.A.I	Signature	Signature	Signature	Signature	Signature	Signature	Signature	Signature	Signature	Signature
74	Amishka	kumbhar	92845836 89	B.Com.I	Signature	Signature	Signature	Signature	Signature	Signature	Signature	Signature	Signature	Signature
75	Tejshri	Mare	937224 3955	B.Sc.III	Signature	Signature	Signature	Signature	Signature	Signature	Signature	Signature	Signature	Signature
76	Nisha	Kudale	902191 4548	M.Sc-I	Signature	Signature	Signature	Signature	Signature	Signature	Signature	Signature	Signature	Signature
77	Rajkta	Mali	78897 540560	B.Sc.III	Signature	Signature	Signature	Signature	Signature	Signature	Signature	Signature	Signature	Signature
78	Nehal	Patil	73897 569511	B.Sc.III	Signature	Signature	Signature	Signature	Signature	Signature	Signature	Signature	Signature	Signature

Total Participants = 78